

## ABSTRACT

An oxygen switching apparatus and method switches a flow of oxygen under pressure as between a first oxygen carrying tube and a second oxygen carrying tube. In this manner, the flow of oxygen under pressure is restricted to one nostril at a time, and the switching can prevent one nostril from becoming unduly chafed or harmed by a continuous flow of oxygen thereto. The switch can be located within the housing containing the source of pressurized oxygen, or can be external thereto.